

Live Webinar Schedule



DATE/TIME

TOPIC

**CLICK HERE
TO REGISTER**

Wednesday,
September 9th
12pm-1pm EST

Emotional Composure



Wednesday,
September 16th
12pm-12:45pm EST

Lead & Learn: Aligning
Strategic Initiatives



Thursday,
September 17th
12pm-12:30pm EST

Maintaining and
Stretching our Resilience



Thursday,
October 1st
12pm-12:30pm EST

Self De-Escalation
Strategies



Wednesday,
October 14th
12pm-1pm EST

Celebrating Peaceful,
Harmonious Holidays



Thursday,
October 15th
12pm-12:30pm EST

Meditation Strategies for
Self-Care



Thursday,
October 29th
12pm-12:30pm EST

Healthy Sleep Habits



Thursday,
November 12th
12pm-12:30pm EST

Eating for Fuel



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